

Prepared For:		Date:	
Prepared By:		Contact:	

Low-Fiber (8 grams) Nutrition Therapy

You may need a low-fiber diet if you have Crohn's disease, diverticulitis, gastroparesis, ulcerative colitis, a new colostomy, or new ileostomy. A low-fiber diet may also be needed following radiation therapy to the pelvis and lower bowel or recent intestinal surgery.

A low-fiber diet reduces the frequency and volume of your stools. This lessens irritation to the gastrointestinal (GI) tract and can help you heal. Use this diet if you have a stricture so your intestine doesn't get blocked. The goal of this diet is to get less than 8 grams of fiber daily. It's also important to eat enough protein foods while you are on a low-fiber diet.

Drink nutrition supplements that have 1 gram of fiber or less in each serving. If your stricture is severe or if your inflammation is severe, drink more liquids to reduce symptoms and to get enough calories and protein.

Tips

- Eat about 5 to 6 small meals daily or about every 3 to 4 hours. Do not skip meals.
- Every time you eat, include a small amount of protein (1 to 2 ounces) plus an additional food. Low fiber starch foods are the best choice to eat with protein.
- Limit acidic, spicy and high-fat or fried and greasy foods to reduce GI symptoms.
- Do not eat raw fruits and vegetables while on this diet. All fruits and vegetables need to be cooked and without peels or skins.
- Drink a lot of fluids, at least 8 cups of fluid each day. Limit drinks with caffeine, sugar, and sugar substitutes.
- Plain water is the best choice. Avoid mixing drink packets or flavor drops into water. .
- Take a chewable multivitamin with minerals. Gummy vitamins do not have enough minerals and can block an ostomy and non-chewable supplements are not easily digested. Chewable supplements must be used if you have a stricture or ostomy.
- If you are lactose intolerant, you may need to eat low-lactose dairy products. If you can't tolerate dairy, ask your RDN about how you can get enough calcium from other foods.
- Do not take a calcium supplement. They can cause a blockage.
- It is important to add high-calcium foods gradually to your diet and monitor for symptoms to avoid a blockage.
- Do not add more fiber to your diet until your health care provider or registered dietitian nutritionist (RDN) tells you it's OK. Fiber is part of whole grains, fruits and vegetables (foods from plants) and needs to be slowly added back in to your diet when your body is healed.
- Choose foods that have been safely handled and prepared to lower your risk of foodborne illness. Talk to your RDN or see the Food Safety Nutrition Therapy handout for more information.

Foods Recommended

These foods are low in fat and fiber and will help with your GI symptoms.

Food Group	Foods Recommended
Grains	Choose grain foods with less than 2 grams of fiber per serving. Refined white flour products—for example, enriched white bread without seeds, crackers or pasta Cream of wheat or rice Grits (fine ground) Tortillas: white flour or corn White rice, well-cooked (do not rinse, or soak before cooking) Cold and hot cereals made from white or refined flour such as puffed rice or corn flakes
Protein Foods	Lean, very tender, well-cooked poultry or fish; red meats: beef, pork or lamb (slow cook until soft; chop meats if you have stricture or ostomy) Eggs, well-cooked Smooth nut butters such as almond, peanut, or sunflower Tofu
Dairy	If you have lactose intolerance, drinking milk products from cows or goats may make diarrhea worse. Foods marked with an asterisk (*) have lactose. Milk: fat-free, 1% or 2% * (choose best tolerated) Lactose-free milk Buttermilk* Fortified non-dairy milks: almond, cashew, coconut, or rice (be aware that these options are not good sources of protein so you will need to eat an additional protein food) Kefir* (Don't include kefir in the diet until approved by your health care provider) Yogurt*/lactose-free yogurt (without nuts, fruit, granola or chocolate) Mild cheese* (hard and aged cheeses tend to be lower in lactose such as cheddar, swiss or parmesan) Cottage cheese* or lactose-free cottage cheese Low-fat ice cream* or lactose-free ice cream Sherbet* (usually lower lactose)
Vegetables	Canned and well-cooked vegetables without seeds, skins, or hulls Carrots or green beans, cooked White, red or yellow potatoes without skins Strained vegetable juice
Fruit	Soft, and well-cooked fruits without skins, seeds, or membranes Canned fruit in juice: peaches, pears, or applesauce Fruit juice without pulp diluted by half with water may be tolerated better Fruit drinks fortified with vitamin C may be tolerated better than 100% fruit juice
Oils	When possible, choose healthy oils and fats, such as olive and canola oils, plant oils rather than solid fats.
Other	Broth and strained soups made from allowed foods Desserts (small portions) without whole grains, seeds, nuts, raisins, or coconut Jelly (clear)

Foods Not Recommended

These foods are higher in fat and fiber and may make your GI symptoms worse.

Food Group	Foods Not Recommended
Grains	Bread, whole wheat or with whole grain flour or seeds or nuts Brown rice, quinoa, kasha, barley Tortillas: whole grain Whole wheat pasta Whole grain and high-fiber cereals, including oatmeal, bran flakes or shredded wheat Popcorn
Protein Foods	Steak, pork chops, or other meats that are fatty or have gristle Fried meat, poultry, or fish Seafood with a tough or rubbery texture, such as shrimp Luncheon meats such as bologna and salami Sausage, bacon, or hot dogs Dried beans, peas, or lentils Hummus Sushi Nuts and chunky nut butters
Dairy	Whole milk Pea milk and soymilk (may cause diarrhea, gas, bloating, and abdominal pain) Cream Half-and-half Sour cream Yogurt with added fruit, nuts, or granola or chocolate
Vegetables	Alfalfa or bean sprouts (high fiber and risk for bacteria) Raw or undercooked vegetables: beets; broccoli; brussels sprouts; cabbage; cauliflower; collard, mustard, or turnip greens; corn; cucumber; green peas or any kind of peas; kale; lima beans; mushrooms; okra; olives; pickles and relish; onions; parsnips; peppers; potato skins; sauerkraut; spinach; tomatoes
Fruit	Raw fruit Dried fruit Avocado, berries, coconut Canned fruit in syrup Canned fruit with mandarin oranges, papaya or pineapple Fruit juice with pulp Prune juice Fruit skin
Oils	Pork rinds

Low-Fiber (8 grams) Sample 1-Day Menu

Breakfast	2 scrambled eggs 1 slice white toast (1 gram fiber) 1 teaspoon margarine, soft tub ½ cup cream of wheat (0.5 gram fiber)
Morning Snack	1 cup lactose-free nutrition supplement
Lunch	3 tablespoons tuna 1 tablespoon mayonnaise 2 slices white bread (2 grams fiber) 1 cup chicken noodle soup (1 gram fiber) ½ cup apple juice
Afternoon Snack	6 saltine crackers (0.5 gram fiber) 2 ounces low-fat cheddar cheese
Evening Meal	3 ounces tender chicken breast 1 cup white rice (0.5 gram fiber) ½ cup cooked canned green beans (2 grams fiber) ½ cup cranberry juice
Evening Snack	1 cup lactose-free nutrition supplement

Notes